



Nutrition Facts

Serving Size:

1

potato medium (173ggrams)

Russet Potato

Amount Per Serving

Calories 168

		% Daily Value*
Total Fat	0.2g grams	0 % Daily Value
Saturated Fat	0.1g grams	0 % Daily Value
<i>Trans</i> Fat	0g grams	
Polyunsaturated Fat	0.1g grams	
Monounsaturated Fat	0g grams	
Cholesterol	0mg milligrams	0 % Daily Value
Sodium	24mg milligrams	1 % Daily Value
Total Carbohydrates	37g grams	13 % Daily Value
Dietary Fiber	4g grams	14 % Daily Value
Sugars	1.9g grams	
Protein	4.5g grams	
Vitamin D	0mcg micrograms	0 % Daily Value
Calcium	31mg milligrams	2 % Daily Value
Iron	1.9mg milligrams	11 % Daily Value
Potassium	951.5mg milligrams	20 % Daily Value
Caffeine	0 mg	

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.